

LUNES		SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA
08:00h-08:30h										
09:30h-10:25h		S2	PILATES	S2	PILATES	S2	PILATES	S2		
10:30h-11:00h			Glúteos Brasileiros® Solo chicas	S2	ZUMBA	S2	indoorwalking	IW	CICLO INDOOR	CI
10:30h-11:30h										
10:30h-11:30h			PERFECT BODY	S2			HAMMER PUMP	S1	Perfect Steps	S2
11:00h-12:00h										
11:30h-12:00h										
11:30h-12:15h	HAMMER PUMP	S1			Perfect Steps	S2				
11:30h-12:30h							indoorwalking	IW		
12:00h-12:30h			CICLO INDOOR 45'	CI			Solo chicas			
12:15h-13:00h	indoorwalking	IW			CICLO INDOOR	CI	Glúteos Brasileiros®	S2		
12:30h-13:00h	BOXEO	S1			BOXEO	S1			BOXEO	S1
12:30h-13:30h	BOXEO	S1			BOXEO	S1			BOXEO	S1
14:00h-15:00h	CICLO INDOOR	CI	CICLO INDOOR	CI	CICLO INDOOR	CI	CICLO INDOOR 45'	CI		
14:30h-15:15h										
17:00h-17:30h										
17:00h-18:00h										
17:30h-18:00h										
18:00h-18:30h	indoorwalking	IW	CICLO INDOOR	CI			CICLO INDOOR	CI		
18:00h-19:00h	HAMMER PUMP	S1			HAMMER PUMP	S1				
18:00h-19:00h			Perfect Steps	S2						
18:30h-19:00h	CICLO INDOOR	CI					Glúteos Brasileiros®	S2		
18:30h-19:25h	PILATES	S2			PILATES	S2	Solo chicas			
18:30h-19:30h										
18:35h-19:05h			indoorwalking	IW						
19:00h-19:30h	CICLO INDOOR	CI			CICLO INDOOR	CI	indoorwalking	IW	CICLO INDOOR	CI
19:00h-19:30h							ABDOMEN	S2		
19:00h-20:00h	BOXEO	S1	PILATES	S2	BOXEO	S1	ZUMBA	S1		
19:05h-19:35h										
19:05h-20:05h										
19:15h-20:00h			CICLO INDOOR	CI						
19:30h-20:00h							CICLO INDOOR	CI		
19:35h-20:05h	CICLO INDOOR	CI								
19:35h-20:05h	Glúteos Brasileiros®	S2			CICLO INDOOR	CI				
19:35h-20:05h										
19:35h-20:35h					ZUMBA	S2	Perfect Steps	S2	BOXEO	S2
20:00h-20:30h							indoorwalking	IW	HAMMER PUMP	S1
20:00h-20:30h							CICLO INDOOR	CI		
20:05h-20:35h		S1	ABDOMEN	S1	ABDOMEN	S1				
20:05h-20:35h	CICLO INDOOR	CI								
20:05h-20:35h	ZUMBA	S2	Glúteos Brasileiros®	S2						
20:05h-21:00h										
20:15h-21:00h										
20:35h-21:05h					Glúteos Brasileiros®	S2				
20:35h-21:05h					indoorwalking	IW	CICLO INDOOR	CI	indoorwalking	IW
20:35h-21:35h			PERFECT BODY	S2						
20:35h-21:35h	BOXEO	S1			BOXEO	S1	HAMMER PUMP	S1	BOXEO	S1
20:35h-21:35h										
20:45h-21:30h			CICLO INDOOR	CI						
21:05h-21:35h										
21:05h-22:05h	Perfect Steps	S2								
21:05h-22:05h			Solo chicas							
21:35h-22:05h			Glúteos Brasileiros®	S2						
SABADO										
12:00h-13:00h	NO HAY CLASES									
13:00h-13:45h										
SABADO										
13:00h-13:45h										